

Written on MARCH 12, 2015 AT 12:08 PM by SVANDERWERFF

Supporting the Wounded Warrior Pacific Trials

Filed under COMMUNITY SUPPORT, FAMILIES, FLEET AND THE FLEET MARINE FORCE [NO COMMENTS]

By Hospital Corpsman 1st Class Krystal Cavett



The trials have brought together approximately 60 seriously wounded, ill and injured Sailors and Coast Guardsmen from across the country.

This week, more than 50 medical volunteers are providing support to the Wounded Warrior Pacific Trials in Honolulu, Hawaii. And it's my job to coordinate all of them.

The trials have brought together approximately 60 seriously wounded, ill and injured Sailors and Coast Guardsmen from across the country. They are competing in seven different sports – archery; cycling; shooting; sitting volleyball; swimming; track and field; and wheelchair basketball – during four action-packed days.

The athletes are grappling with a variety of medical conditions. Some lost limbs or sustained traumatic brain injuries during a combat deployment. Others are confined to wheelchairs after motorcycle or traffic accidents. Several are fighting cancer – or other serious illnesses – with all the strength they can summon. Some struggle with post-traumatic stress after a life-changing experience shook them deeply.



HM1 Cavett helps an athlete get warm after her swimming trials.

Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Navy Medicine Social Media

twitter Follow us on Twitter

facebook Join us on Facebook

issuu Read our publications

flickr View our photo stream

YouTube Watch our videos

Navy Medicine Live Archives

April 2015 (4)

March 2015 (21)

February 2015 (16)

January 2015 (12)



The athletes are grappling with a variety of medical conditions.

The medical volunteers are serving as safety observers during competition, and addressing any medical needs that surface or injuries that occur. From swollen knees after track and field practice, to jammed fingers after wheelchair basketball scrimmage, to bruises from volleyball spikes, we've seen it all.

This volunteering opportunity is very different than most. I know it's been an especially eye-opening experience for my fellow volunteers.

For example, each athlete is enrolled in Navy Wounded Warrior – Safe Harbor, the Navy and Coast Guard's wounded warrior support program. Many volunteers initially assumed that the term "wounded warrior" only applied to those wounded in combat.

But, in fact, anyone who has experienced a serious illness and injury is considered for enrollment. And

every enrollee is a warrior – they just fight different conditions in different ways.

For me, this week's event is an opportunity to give back to shipmates who have given so much. And it's an incredibly humbling experience.

I am attached to Commander, U.S. Pacific Fleet (COMPACFLT), and I serve as the medical co-lead for the island of Oahu. It's a big job, and a great learning opportunity. Participating in the planning and execution of this event has been an important part of that learning opportunity. And it has been among the most rewarding experiences of my six-year Navy career.

The other day, my daughter Emma attended a sitting volleyball practice. She's still too young to understand what the trials are all about. But, when I can explain it to her, I will tell her that the trials serve as a reminder that, no matter what life throws at you, you can overcome any obstacle. Life is what you make of it



For me, this week's event is an opportunity to give back to shipmates who have given so much.

These athletes personify resilience. Life has thrown them for a loop, and they are making the best of it. They are getting back in the game – literally and figuratively. It's an inspiration to my family, to my fellow volunteers and to me.

To learn more about the Wounded Warrior Pacific Trials, visit <http://www.greatlifehawaii.com/events/1f90d888-8f3c-46c5-8a72-8a399060135d>; also, get the latest news about Team Navy at www.facebook.com/navysafeharbor.

← Next post

Previous post →

svanderwerff tagged this post with: [Marine Corps](#), [Marines](#), [medical](#), [military](#), [mission](#), [Navy](#), [sailors](#), [wellness](#)

Read 146 articles by
[svanderwerff](#)

December 2014 (17)

November 2014 (11)

October 2014 (15)

September 2014 (20)

August 2014 (14)

July 2014 (13)

June 2014 (8)

May 2014 (11)

April 2014 (9)

March 2014 (14)

February 2014 (7)

January 2014 (7)

December 2013 (7)

November 2013 (12)

October 2013 (7)

September 2013 (14)

August 2013 (13)

July 2013 (11)

June 2013 (22)

May 2013 (15)

April 2013 (14)

March 2013 (14)

February 2013 (14)

January 2013 (12)

December 2012 (11)

November 2012 (11)

October 2012 (7)

September 2012 (9)

August 2012 (12)

July 2012 (13)

June 2012 (17)

May 2012 (22)

April 2012 (14)

March 2012 (13)

February 2012 (14)

January 2012 (13)

December 2011 (13)

November 2011 (20)

October 2011 (22)